

With just few weeks left at 2012 it feels like we have been on some very intense journey this year. We had a lot of great things happening, like birth of beautiful and amazing babies, weddings, engagements, finding a soul mate, a house, job promotions or going to fantastic places. At the same time we had to deal with sometimes very severe life, family and health problems and losses. It was time for presidential campaign and elections in Russia, France, China and USA, Arab Spring, Wikileaks, London Olympic Games, Mars exploration program, financial crisis in EU, Queen's Diamond Jubilee, continuous problems with peace at the Middle East, drought, hurricane Sandy and other natural disasters around the globe.

I had some good and bad events too, but the most significant was an unexpected death of my 9yo cat Phillip at the end of the summer. With his departure I felt that whole era of my life – when kids were very little and very much physically dependent on me and my husband, when we still tried to figure out our life in America, starting my clinic, going back to school, helping my parent to get used to retirement and move to US – is over. At first it was frightening to realize that life accents and responsibilities shifted so much. I tried to focus on all the great things, which my shy and very intelligent cat was a part of, on what he taught me and my family, on his being as a reflection of our life and our attitudes of the past, and day by day it got easier emotionally and spiritually to accept that we opened a new chapter of our Book of Life. I hope each of you, no matter what kind of events you come across this year will be able to make a peace with the past and look forward to what is ahead and make first steps.

One of such important tasks for me is to continue education of my patients about benefits of Chinese medicine for variety of health problems. As some of you know from experience, acupuncture and Chinese herbs offer great support with fertility problems, stress, respiratory, digestive issues and pain. But they also helps considerably with other issues, which we see daily.

I had several patients asked me about skin care in the past, but then very recently several wanted to know exact details on what I do, use or recommend for looking good. I thought that I shared everything what I know: food, fluids, moisturizers, scrubs &etc. And only later I realized, that I “forgot” two other main components, I use for myself for years: acupuncture and chiropractic. I learned long time ago from one of my acupuncture teachers and guru in the cosmetic acupuncture world Mary Elizabeth Wakefield that without proper neck and back alignment might be hard to maintain proper circulation and get good lasting results. Acupuncture and chiropractic complement each other in promoting better neurological coordination of tissue functions, blood circulation, lymphatic drainage, hormonal balance, healing and regeneration. They play a major role in overall health AND your face appearance.

So, starting in January I will be offering ABC wellness sessions, which combine acupuncture, botanical mask application and chiropractic with gentle massage. Book your first ABC wellness session by February 14th; you will get complimentary stress-reduction acupuncture session to attend on a later date.

What else can you do to stay healthy and good looking (at least through this winter and in to the spring):

1. **Follow the natural clues.** Slow down, sleep and rest more, may be gain couple of pounds. It is a time to reflect.
2. **Choose winter food.** Dark colored food in Chinese medicine considered most nourishing and appropriate for this dark time of the year. So, get more black beans, sesame seeds, lentils, seaweeds and dark colored vegetables, like winter squash. Meat is good too, especially beef and lamb. And make sure to eat everything warm – stews and soups are excellent idea. You might want to experiment with spices: ginger, cinnamon, cayenne, leeks, onions, garlic, and horseradish.

3. **Dress accordingly.** By staying warm you preserve your energy for other important functions, like immune defense and mental focus.
4. **Get some sunshine.** Real one by spending times outdoors or in pill form (vitamin D3). It helps to fight winter blues, depression, improve your bone, digestive and immune system health. For the appropriate dosage suggestion, please talk to me directly.
5. **Move around.** If true winter sports are hard for you, start or continue with stretching, yoga, Tai Qi, Qi Gong, walking, swimming or even sauna experience. It also helps to keep your moods and energy in good place.

Even if winter might feel like it will last forever, spring will come sooner than we might expect and we better be prepared for new 2013 year of Water Snake, which start February 4, 2013. Just a bit more for fun and entertainment:

“Snake is considered enigmatic, intuitive, introspective, refined and collected of the Animals Signs. Ancient Chinese wisdom says a Snake in the house is a good omen because it means that your family will not starve. Snake won't attack its opponent, unless it's disturbed or hungry”.

Some of the predictions say that all things will be possible. The bad news is that “this year might deplete individual inner vitality and personal power. Be very careful with money and savings”. On the bright side, people “might have smoother journey toward achieving goals in career advancement, financially, academically, romantic relationship or health wise. People will show more compassion and willingness to assist others. Also those, who are students at school and college, will get better level of satisfaction, sense of achievement and recognition”.

“This signifies a year when everyone could see an improving trend. Natural or man-made disasters and energy of hostility will reduce considerably. A new sense of peace will fill the year. Countries will display better diplomacy and goodwill among each other, where more friendly coalition and cooperation taking place. Goodwill is abundant.”

*If there is light in the soul,
there will be beauty in the person.
If there is beauty in the person,
there will be harmony in the house.
If there is harmony in the house,
there will be order in the nation.
If there is order in the nation,
there will be peace in the world.*

Chinese proverb

Stars aside, stay calm, carry on, and believe in yourself and better future.

“Be careful what you water your dreams with. Water them with worry and fear and you will produce weeds that choke the life from your dream. Water them with optimism and solutions and you will cultivate success. Always be on the lookout for ways to turn a problem into an opportunity for success. Always be on the lookout for ways to nurture your dream.” Lao Tzu, Chinese philosopher

*“The sun is on my side and takes me for a ride
I smile up to the sky, I know I'll be alright.”*

“Pocket full of sunshine” by Natasha Bedingfield

***Have great and safe Holidays!
Yours in health,***

Dr. Elena Pekurovsky

*8421 Wayzata Blvd #230
Golden Valley, MN 55426
Ph. 612 242-133*